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A1.005: Adapting to Change as a Family

Core Concept (From Susie's Story)	Keywords	Related Network Resource	Linked Action
A1.005: Adapting to Change as a Family	1. Adaptability 2. Coping with change 3. Family resilience 4. Flexibility 5. Navigating transitions	1. "How Families Can Adapt to Change" – A guide from PsychologyToday helping families navigate change with resilience and flexibility. 2. Coping with Family Transitions – Resources from VeryWellFamily offering strategies for families to manage transitions smoothly. 3. Resilience in Family Life – Practical tips from the American Psychological Association on building resilience during times of change. 4. Tippecanoe Adaptation Support Programs – Local support programs for families dealing with changes and transitions, hosted by Tippecanoe Family Services. 5. Tippecanoe Family Resilience Programs – Workshops focusing on strengthening family resilience during life changes, supported by Tippecanoe County.	Key keywords: Adaptability, Coping with change, Resilience, Flexibility, Transitions. These resources help families navigate changes and transitions with resilience and adaptability. 1. Join Adaptation Support Programs: Learn how to navigate family changes with support from Tippecanoe Family Services. 2. Explore Resilience Resources: Find family resilience tips at Psychology Today. 3. Manage Family Transitions: Access transition management resources at VeryWellFamily. 4. Join Resilience Programs: Participate in resilience-building workshops at Tippecanoe County.